

Moment



Cover story

Lord Coe visits
Essex Cancer
Support Centre

www.helenrollason.org.uk

IN THIS ISSUE...

Golden Ball success
Page 3

New cancer support
centres to open
Page 7

Behind the scenes
with Maggie Burgess
Page 8



Professor Neville Davidson

2009 will certainly be a year to remember. On a positive note, we are celebrating the 10th anniversary milestone in the charity's history and marking 10 years since Helen's passing.

But 2009 will also be remembered for being one of the toughest financial years the charity has had to endure yet. The economic downturn has hit all sectors of the economy and hardly a day goes by without a mention of the credit crunch. Charities have been hit hard and we are no exception.

We fully appreciate everyone is feeling the pinch and being more cautious about spending but it's at times like these that your support is needed more than ever. We are lucky to have so many loyal supporters who have helped us through this difficult period and we are grateful for each and every donation.

We are continuing to plan for the future and a campaign has been launched this autumn to seek funds for two new cancer support centres. These have been in the pipeline for some time and both centres are set to open in November. More details can be found on page 7.

I was delighted to welcome Angela Lodge to our fundraising team in September. Angela is well known to many through her role on BBC Essex radio presenting and co-ordinating the helpline. She has a huge amount of experience of working with local businesses, individuals and other charities and we wish her well in her new role.

I would like to extend my personal thanks to our patron, Lord Coe, who took time out of his hectic schedule to visit our support centre in Chelmsford in July. During the short visit, he made the volunteers, patients and staff who met him feel very special.

Finally, I would like to say a big thank you to everyone who supported our 10th Anniversary Golden Ball in September which raised an amazing £50,000 for cancer research. During the evening, we remembered our *raison d'être* - Helen Rollason - with a short film of her during her broadcasting days. The highlight of the evening was a presentation to the charity of £250,000 from the YJS Trust, set up in memory of Yvonne Stewart. My sincere thanks go to the Stewart family for this wonderful donation. More details can be found on page 7.

Professor Neville Davidson

'Give yourself a pat on the back' Pampered Too prize draw

Thousands of people have been helped by the charity and for them to continue making a positive impact on cancer patients' lives they need your support. Regular standing order donations on a monthly, quarterly or annual basis will enable the charity to help even more people touched by cancer.

By completing the regular standing order form on the back cover and returning to the charity by January 31, 2010, you will automatically be entered into our 'Give yourself a pat on the back' prize draw.

1st Prize – A course of 10 Genie Complete non-surgical slimming and toning treatments for the face and body.

2nd Prize – Salon treatments worth £100. Choose from

the comprehensive range of treatments, either for yourself or to share including make-up, facials, manicures, pedicures, body treatments, tanning and wax treatments.

3rd Prize – Salon treatments worth £50. Choose from the comprehensive range of treatments, either for yourself or to share including make-up, facials, manicures, pedicures, body treatments, tanning and wax treatments.

Each new regular standing order donation form received by January 31, 2010 will also qualify for a free 'Give yourself a pat on the back' pamper gift certificate to use at Pampered Too, as a special 'thank you' from the charity.



Choose from a variety of treatments or a **Men Too** treatment.

To claim your free pamper gift certificate, please enclose a stamped, self addressed envelope with your regular donation standing order donation form to the charity.

For more information and terms & conditions please contact us on 01245 471888 or visit www.pamperedtoo.com or www.helenrollason.org.uk

pampered too
TM

19 Church Street, Great Baddow, Chelmsford, Essex CM2 7HX

10th Anniversary Golden Ball

Tens of thousands of pounds were raised for the charity in September at our 10th anniversary Golden Ball at the Dorchester Hotel in London.

Attracting more than 400 guests on the night and a collection of BBC news presenters, the ball raised almost £50,000.

Chairman Professor Neville Davidson said: "The evening was a huge success and a great way to mark our 10th anniversary. The charity has reached a huge milestone and we are proud to have such loyal supporters so we can continue funding vital research into the disease.

"As an oncologist, I see cancer patients daily and can really understand the impact it has on people's lives. Thanks to all our supporters enabling us to provide the services offered by the charity, as we are able to assist in helping to make advances both on the research horizon and caring emotionally for patients and their families."

Guest BBC News presenter Louise Minchin said: "I really enjoyed the Golden Ball, it was a very

special way to remember Helen and celebrate the work she did both on and off screen, and also a great opportunity to raise money for the Helen Rollason Cancer Charity."

BBC's Sophie Rayworth, Rob Bonnet and Thomas Plant also showed their support at the ball and were joined by Michael McKell from Doctors and Emmerdale and Kate Anthony from Coronation Street.

Charity manager Nicola Douglas added:

"This was a spectacular way to celebrate 10 years of helping cancer patients and a lovely way to remember Helen and all she stood for. Helen was a vision of

helping people living with cancer and that vision has become a reality.

"We want to be able to extend our services to more people as we know how important having that support is to cancer patients and their families and friends. Funding from this ball will be ploughed into research of the disease."



From left: Louise Minchin, Rob Bonnet, Sophie Rayworth, Michael McKell, Kate Anthony and Professor Neville Davidson (Courtesy: Captured Images)

Charity dresses

Our network of 11 shops were challenged to scour their rails for ideal ball dresses for charity staff to wear to the Golden Ball.

Manager Nicola Douglas said: "After appealing to our shops, a number of dresses came flooding in. They are great quality and some were quite quirky.

You can find some real gems in our charity shops and I wanted to prove it by setting our shops the challenge of finding us dresses to wear to this year's ball.

"I was pleasantly surprised at the quantity and quality of dresses which came into the office for us to try on."

Mrs Douglas wore a navy-blue floor length dress to the ball handpicked from the Witham shop.

Why not visit your local HRCC shop ahead of the party season to find a new frock?



From left: Chairman's PA Jayne Pettit, Community Relations Manager Angela Lodge, Ball Committee member Linda Bowler, Community Fundraiser Anne Brown, Charity Manager Nicola Douglas

Shop tea party

Shop volunteers were recognised for their outstanding contributions to the charity in September at a tea party in Essex.

More than 100 volunteers



Ongar shop volunteers



Braintree shop volunteers

attended to receive recognition for their hard work and effort. Guests enjoyed speeches made by charity workers in appreciation of their efforts, a live music performance and cream teas.

Retail & Sales Distribution Co-ordinator Tony Achilleos said: "This tea party was an ideal occasion to thank all our volunteers for their outstanding commitment to the charity's shops."

"The shops brought in £370,000 in total last year and it is hoped they will reach more than £450,000 this year. But without the volunteers the charity would not benefit from thousands of extra pounds to plough into cancer research and support centres for patients."

"We wanted to let them know



Danbury shop volunteers

their contribution has not gone unnoticed and we greatly value their continued support."

Manager Nicola Douglas said: "The afternoon went fantastically well and I am glad so many faces could attend. Each and every one of our volunteers plays a vital role in making the charity what it is today. Their involvement is greatly appreciated and I would like to thank all our volunteers for their contributions. In addition, we must thank Barclays, Retrograde, Lodges Coaches, Mullis & Peake Solicitors, NSO Associates and Felsted Photographics for making this event possible."

Volunteers' appreciation evening

A volunteers' appreciation evening held at the George &



Dragon in Coggeshall, Essex, saw more than 80 people thanked for their contributions to the charity. People who donate their time to working at events, cancer support centres and fundraising groups attended.

"This was a great opportunity for the charity to say a big thank you to everyone who gives up their time for the charity," said fundraiser Rosemary Jensen.



"I hope our volunteers went away feeling appreciated because we really are grateful for all they do. It was a lovely event. Mandy and the George & Dragon were superb hosts for the evening."

St Trinians stop off at Chingford

A trio of charity shop workers dressed up as St Trinians at the charity's Chingford shop in June.

Volunteer Lynda Kavalliero dressed up along with her fellow volunteers Mary Jenkins and Jackie Joseph to celebrate her 60th birthday.

Lynda, who has been volunteering with the charity since the start of 2009, said: "It's my 60th birthday this year and I wanted to celebrate it in store with the rest of the volunteers so we decided to dress as St Trinians.

"I love working for the charity. It's a great place to be and

everyone is friendly here but we needed more people to volunteer their time to the charity shop, so that was one of the main reasons for getting dressed up as well as celebrating my birthday!"

The women raised £35 from two hours of fundraising outside the shop selling homemade cakes and biscuits.

Any shops looking to do something similar can contact Alison Matthews on 01245 516547.



From left: Jackie Joseph, Lynda Kavalliero and Mary Jenkins dress up as St Trinians

Designer furniture sells for thousands

When shop volunteers took in a donation of a bed, chest-of-drawers and two side tables, never in their wildest dreams did they expect to make such a massive sale from it.

In July, our Barkingside shop sold the furniture for £2000 – a record sale within the charity's retail network.

Maria Vas, who works at the store, said: "It's fantastic to have sold these items of furniture for £2000! We are absolutely delighted and it has been a great morale boost for everyone who volunteers in the shop. We are really pleased and excited about it."

The unique thing about the furniture, which was donated from a mansion when the owners were clearing out, was that it was produced by designer Louis Philippe, attracting a higher price. Charity manager Nicola Douglas

Winning window display

Braintree charity shop won this year's best dressed shop window at the annual town carnival for the fourth year in a row.

Volunteer manager at the shop Dawn Sawyer said: "We've had a win for each year we have been in Braintree – the shop was



said: "It's great to be able to say our shops have sold a collection of furniture for £2000. It's a dream sale and we would like to thank both the person who donated it and the person who bought it for helping make such a difference to the charity.

"Thanks also to members of our retail team for delivering the furniture in the pouring rain and

launched in 2005 and we are proud of our record.

"We will be putting our certificate up on the shop wall with our others."

The Braintree shop won the coveted title for its efforts in kitting out the shop window in this year's carnival theme: the four seasons.

Retail Support & Development Co-ordinator, Alison Matthews, said: "It's fantastic for the shop to win the title again. It means a lot and everyone at the charity is pleased with their efforts in creating a winning shop window time and again."

spending three and a half hours extra helping the customer set up their new furniture."

£2000 could buy nine courses of counselling for patients at one of our cancer support centres or fund the running costs for one week at our research laboratory. To donate furniture, please contact our retail team on 07723 382581 to arrange collection.

Lord Coe visit

Cover story



Lord Coe with Cancer Support Centres Manager Lorna Ellis (Courtesy: Essex Chronicle)

Olympic talk was off the agenda for Lord Sebastian Coe on July 21, 2009 as he made a special visit to the charity's cancer support centre in Springfield, Chelmsford, Essex.

Patron of the charity, Lord Coe KBE, took a trip down memory lane when he was greeted by the charity's chairman and founder, Professor Neville Davidson.

Professor Davidson said: "It was a delight to welcome Lord Coe to the centre he helped us launch in 2002. The charity has grown to support thousands of people living with cancer."

The charity's cancer support centres are a haven of help for

cancer patients, their families and friends.

Lord Coe said: "It has been a fantastic opportunity to visit the centre I helped launch to see how important it has become in this community.

"I'm positive Helen would be very proud her vision has come true"

"In particular it was interesting to listen to the patients' stories; after all they are the ones being helped by the charity. They are the people Helen would have wanted to benefit from such a useful service and she would be smiling now I'm sure."

Lord Coe met a representative from each sector of the charity including patients, volunteers, research nurses, research scientists, therapists, fundraisers and retail staff. He spent time finding out how they impact on or have benefited from the charity.

"It was interesting to listen to the patients' stories... they are the people Helen wanted to benefit"

He added: "It's been interesting to meet everyone and understand the impact this charity has on cancer patients' lives. Helen, who was the inspiration for this charity, was a great friend of mine and I am confident her memory lives on a decade after cancer sadly claimed her life at the age of 43 in 1999.

"Helen felt there was little support for cancer sufferers in her day, but if she could see what a difference centres like these are having on lives now, I'm positive she would be very proud that her vision has come true.

"But the most important thing is that the Helen Rollason Cancer Charity is here for people today, offering support. As the patron of the Helen Rollason Cancer Charity I would like to extend my backing for the excellent work it is doing in helping people live with cancer."



Little Acorns

A social club for anyone affected by cancer

Takes place on the first and third Monday of each month, 9.30-1.30pm at West Maldon Community Centre, Sunbury Way, Maldon CM9 6YH.

For more information please call Sue Hammond on 07990 688990.

Billericay Cancer Support Group

Informal meeting aimed at improving morale and offering practical support.

First Tuesday every month at Stock Brook Country Club, Billericay between 12pm and 2pm.

For more information please contact Nazira on 01277 626323 or Lesley on 01277 658522.

Breast Cancer Support Group

The Essex Cancer Support Centre holds a monthly breast cancer support group from 7.30pm until 8.30pm. Although it is aimed towards female breast cancer, we welcome men to join in. The next meeting will be on **November 18, 2009**.

New cancer support centres to be opened

As the charity marks its 10th anniversary, a new milestone in its history is set to unfold with the opening of two new cancer support centres.

The new centres will be based on the same set of principals as our current centres with both locations offering complementary therapies to cancer patients.



New Essex Cancer Support Centre at Broomfield Hospital

A new cancer support centre will be established at Broomfield Hospital, Chelmsford, Essex while the second will be at the Rivers Hospital in Sawbridgeworth, Hertfordshire. At both hospitals, chairman Professor Davidson,

Cash donation from the YJS Trust

Thousands of pounds have been raised for the charity thanks to the YJS Trust.

In the last few years, the trust has been collecting funds after a loved one died of cancer.

One of the trustees Alex Stewart said: "The trust wasn't started with any grand ideas but born out of the frustration, anger and sense of helplessness that comes with losing a loved one to cancer.

"In September 2003 my Mum, Yvonne Jean Stewart, died of lung cancer, aged 57, despite being a non smoker. The

has a long-standing professional presence, so a significant early uptake of these free support services is expected. Once the two new centres are fully operational, it is expected that our annual treatment capacity will increase from 4400 sessions to around 7500 each year.

Essex Cancer Support Centre (Broomfield)

The Broomfield centre will be located a stone's throw from the Helen Rollason Chemotherapy Suite in a three-bed house. This is a very convenient location for patients who will be able to arrange their appointments for complementary therapies around their hospital appointments. The house has a lounge waiting area and two treatment rooms as well as an office, kitchen and WC facilities.

Hertfordshire Cancer Support Centre

The Rivers centre is located within the main hospital on the lower ground floor and consists of one treatment room, an office and a waiting area.

Professor Davidson said: "To move forward with two new cancer support centre plans in our 10th



The Rivers Hospital in Sawbridgeworth where the new Hertfordshire Cancer Support Centre will be opened

year is a great achievement for the charity. I am confident these locations are ideal in catering for cancer patients in each area.

"On the same models as our centres at North Middlesex University Hospital in London and Springfield in Essex, the two new centres will offer a smaller range of complementary therapies and support in an environment of peace.

Both centres will be open in November with the Hertfordshire one being opened by Clare Balding on November 10, 2009.

Support afternoon in London

A support afternoon held recently at the London Cancer Support Centre proved a real success. Women attending sought advice from bra specialists.

Rebecca Brainerd said: "Holding this afternoon proved valuable for female patients and the questions they asked would be met with clear and informative answers.

"We are extending this service to male cancer patients too by holding a range of different topics each month. At the end of October we will be talking about prostate cancer and after that about lymphoedema."

The support afternoons are held on the last Friday every month, 2-4pm.

common misconception is that lung cancer is something that only smokers die of - we sadly know this not true."

The YJS Trust has organised a number of fundraising activities including posing for a charity calendar.

Full story in our next issue

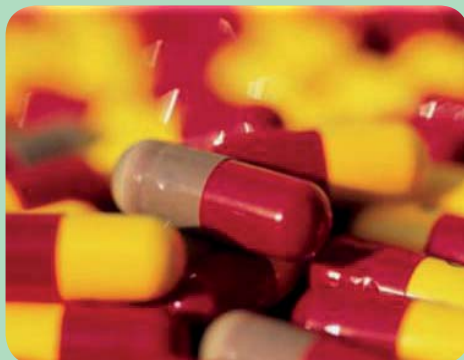


Clinical trial recruits thousands

The number of patients who have had access to the charity's clinical trials has topped the 1000 mark and is close to reaching 2000.

Cancer patients selected for the trials are given access to new treatments which may not be available on the NHS. New figures from both clinical trial teams show that 1905 patients have been granted access to potentially life saving drugs since the year 2000.

A total of 214 studies have been carried out by the charity's



clinical drug trial team since the turn of the Millennium – 119 by the team at Broomfield Hospital in Essex and 95 studies from North Middlesex University Hospital in Edmonton, London.

Behind the scenes

"I feel like I'm doing something valuable to help people in this job," said Medical Lab Assistant Maggie Burgess.

Maggie, who has worked at Broomfield Hospital for eight years, is a vital part of the clinical drug trial team. Her role is to prepare all the samples which are then sent off to be analysed.

"The research nurses bring blood samples to me which I then either

freeze and store here or send off via a courier to places like Switzerland and USA for testing.

"I use a piece of equipment called a centrifuge which spins round to separate the red blood cells from the plasma and serum, then I use a pipette to divide the sample into two different tubes and discard the red blood cells. I have to meet the requirements of each individual trial such as storing the samples in -20°C or -80°C freezers and ensuring all samples for the same trial are prepared in exactly the same way so that when it comes to testing they have all been equally prepared."

The samples Maggie prepares are sent off to labs for analysis then the results are sent back to the charity's research nurses for review.

She added: "It's great to be one of the research team members and liaise with them on trials as important as these."



Maggie Burgess places a sample into -20°C freezer

NMH Update

Research nurses at the North Middlesex Hospital have been trialling a novel agent for colon cancer called Aflibercept. The new drug interferes with the growing cancer cells reducing blood supply. Patients are randomised to receive the drug or not with Irinotecan Chemotherapy.

So far there have been no problems delivering the drug and the team is looking forward to the outcome of the study, which is estimated to finish in December 2010.

New lab technician



Dr Helen Smith joined the Helen Rollason Research Laboratory team in July to work as the lab's technician for 12 months.

As well as previous technician experience, Helen has a PhD in Biochemistry gained from the University of Essex.

It was there where she met Dr Elena Klenova and Dr France Docquier and became familiar with their cancer research.

Dr Smith said: "I am honoured to assist Dr Docquier's team in carrying out such important work."

Research team to link with cancer support centres

A pioneering study headed by the research laboratory will cross-over into the charity's cancer support centres.

This project will study the impacts of complementary therapies on breast cancer patients receiving chemotherapy.

Lead researcher Dr Christina Greenwood explains why this study is important:

"Typically cancer patients experience a combination of medical treatments including chemotherapy, radiotherapy and surgery, all of which, though vital to improving chances of survival, can have negative side-effects adding to a patient's level of pain and anxiety.

"Increasingly, complementary therapies, such as reflexology and aromatherapy massage, are being used to support the treatment of cancer patients and ease the side effects of conventional treatment.

"Although evidence that these therapies can help alleviate pain

and anxiety brought on by the disease and medical treatment exists, scientific evidence to support this claim is limited."

Following the completion of a successful pilot study carried out by the charity's scientists earlier this year, reflexology was shown to have measurable beneficial impacts in reducing the 'state of anxiety' of healthy individuals. Now the scientists aim to investigate the effects of complementary therapies on cancer patients by recruiting from the charity's Essex Cancer Support Centre.

Dr Greenwood added: "We will investigate the psychological, physiological and biochemical impact of reflexology and aromatherapy massage on breast cancer patients undergoing primary chemotherapy, by measuring their levels of anxiety, biometrics and cortisol found in patients' saliva.

"High levels of cortisol can curb the body's immune system. So reducing anxiety and therefore

the levels of cortisol in cancer patients through complementary therapy treatment may improve a patient's overall chances of survival."

As part of this study, patients from the charity's Essex Cancer Support Centre will be recruited alongside a control group of healthy individuals from Anglia Ruskin University.

Senior research fellow Dr France Docquier said: "The expected value of this research to the breast cancer community will be significant. We intend for this study to provide essential scientific evidence of the effects complementary therapies on breast cancer patients. This will give valuable insights into the potential benefit of these treatments for all cancer patients and is a fantastic chance for us to work with our cancer support centres."

External funding is needed for this research project. It is predicted the costs will reach £33,000 during three years.

Open day success

Our cancer research laboratory and cancer support centre in Essex enjoyed open days in June and October.

The Mayor of Chelmsford and the Mayor of Brentwood visited both the lab and the support centre and were highly impressed with the work the charity does.

Mayor of Brentwood Tony Sleep said: "It was great to learn about the nature of the research going on here and to see the potential

it has. It was an opportunity to see something tangible and how the charity is doing a lot of good work with a small budget."



From left: Helen Rollason research technician Dr Sushma Rai with Chelmsford Mayoress & Mayor Lorraine & Tony Sach, Brentwood Mayoress & Mayor Jean & Tony Sleep

Senior research scientist Dr France Docquier said: "These open days gave us the ideal opportunity to shout about what vital research

we are undertaking. People donating money to the charity got to see where their money is being spent and saw for themselves a working laboratory."

The next open day will be held on January 20, 2010 from 10am to 4pm.

Armstrong's victorious return to form



Lance Armstrong (Courtesy: Cycling Weekly)

Who could have ever predicted that seven time Tour de France winner Lance Armstrong would return to the saddle after retiring in 2007?

His step down from the international cycling stage caused an uproar of controversy in the world of sport as every aspect of his career was analysed.

How could someone who suffered stage three testicular cancer go on to win seven consecutive Tour de France stints? Yet that's exactly what Armstrong did.

He was the first person to ever win seven consecutive Tours and all this he did after a gruelling and severe bout of chemotherapy.

He trained for the Tour while in remission.

Pre-cancer, Armstrong was a successful cyclist but it was his post-cancer career which captured the world's imagination.

As everyone watched Armstrong win the French route year after year, the rumours grew around his wins and speculation pointed towards the drugs he was taking as a result of his cancer.

In spite of the rumours, Armstrong has been campaigning tirelessly to raise the awareness of cancer through the Lance Armstrong Foundation. Armstrong returned to the Tour in 2009 to finish third, behind Alberto Contador and Andy Schleck, giving hope to cancer sufferers the world over.

Breast is chest

October was national breast cancer awareness month. This strain of the disease although normally associated with women, also affects men and it is thought that less than one in every 100 breast cancers occur in men. However it is just as devastating for men to be affected by this type of cancer.

In July, 27-year-old Nicky Avery became the youngest male breast cancer victim to have the disease contained and will need a bone infusion every three weeks. Despite treatment, he has been raising awareness about the strain ever since and is even campaigning to have male breast cancer renamed as "chest cancer" to avoid the current taboo and encourage men to get checked out.

The cause of breast cancer in men is not fully understood but some may be at higher risk of developing it than others. Most common symptoms include a lump in the breast area, change in the size or shape of the breast, an ulcer on the skin or nipple discharge. There are other symptoms too.

If breast cancer is suspected, please visit your doctor who will examine the affected area and tests will be needed to confirm any diagnosis.

Although breast cancer in men is rare and few research studies have looked into treatment options for men, male breast cancer is usually treated in the same way female breast cancer is, because it behaves in a similar way.

Patrick Swayze loses his battle

Hollywood star Patrick Swayze sadly lost his battle with pancreatic cancer after being diagnosed with the disease in early 2008.

Best known for his roles in Ghost and Dirty Dancing, he continued acting but spoke openly about his cancer even stating his chain smoking may have contributed to development of the disease.

Due to the high profile of Swayze's illness, the awareness of pancreatic cancer has increased significantly.

Swayze died in September aged 57. His Dirty Dancing co-star Jennifer Grey was reported shortly after his death in a tribute saying: "He was a rare and beautiful combination."

Please send your letters, drawings and poems to us by e-mail at enquiries@helenrollason.org.uk or post to Melissa Matthews, Helen Rollason Cancer Charity, Woodside, Broomfield Hospital, Chelmsford, Essex CM1 7ET

You counted me as your friend

By Ellen Christine Daly
(1956 – 2009)

When I was sad
When I drove you mad
You counted me as your friend

When I was blue
You were too
You counted me as your friend

When I couldn't see
You helped me
You counted me as your friend

When I wouldn't budge
You didn't judge
You counted me as your friend

So...don't be sad
You made me proud
To say out loud
You counted me as your friend

Helen Rollason By Julia Diggins

*Helen Rollason was a presenter
Who worked for BBC Sports
She interviewed many players
Enquiring in views & thoughts*

*Sadly she suffered with cancer
Which caused her pain & strife
Unfortunately it got the better
As it took her precious life*

*Professor Neville Davidson
An oncologist was his role
Shared his vision with Helen
People should be treated as a
whole*

*A lady with a heart of gold
Helping others was her aim
Continues through the charity
With the charity in her name*

*The charity works on research
Support centres & counselling too
Complementary therapies
Plus education talks they do*

*The funding relies on public
Accepting help in anyway
Please support this worthy charity
www.helenrollason.org.uk*

Julia Diggins' daughter Angie
*(pictured right with magician
Michael J Fitch) is also a great
supporter of the charity. She
has been a huge asset over
the years and sang at the 10th
Anniversary Golden Ball in
London this September. She has
forged a successful career in
entertainment.*



Donations in memory

Esther Adams
Neil Amos
Bernie Applebee
Harry Argent
Jawaed Badr
Sally Baker
June Balcombe
Dennis Barrett
Julie Baron
David Bateman
Amanda Beves
Sally Bishop
Linda Bodimeade
Tracy Booth
Richard Bradly
Robert Brady
Shirley Bristow
David Brittain
Clifford Burnside
Martin Bush
Philip Butler
Jim Cauldridge
Ron Cheek
Henry "Nobby" Clarke
Lynda Cooper

Bernard Cooper
Peter Cracknell
Pauline Creak
Rosemary Culligan
Rita Daniels
Peter Davey
Ronald Davis
Ann Deacon
Collin Deacon
Douglas Dew
June Margaret Donnelly
Mark Dorling
June Doust
Dorothy Drake
Sydney Elston
Kevin Ennis
William Fancourt
Gillian Fenech
Jean Fisk
Leonard Gilchrist
Eva Giles
Jacqueline Gold
Irene Gooday
Keith Hall
Patricia Hayward

William Howell
Edith Hudson
Robert Hutchin
Mr Kemp
Terence Kennelly
Lynn Marie King
Patricia Lilley
Dennis Mai
Peter Thomas Mai
Sylvia Marshall
Carol Marshall
Olive Martin
Sadie Martin
Kathleen Matthams
Clifton Mons Mayes
Aileen McInnes
Bernard McWilliams
Jean Mixture
Lucy Morley
Rita Morley
Constance Norris
Susan Norton
Peter Page
David Parkinson
Carol Patient
Sue Pennick

David Perkins
Keith Pittuck
Donald Poppy
Phyl Price
Pamela Pudney
Clive Brian Rayner
Christopher Reece-Ford
David Roblin
Michael Sinclair
Julie Smith
Tracey Smith
Diane Sparks
Maria Starmer
Glenda Stirling
June Swallow
Barrie Sydenham
Rebecca Tayler
Margaret Terry
Kerry Thomas
Colin Turbin
Reg Vandspeer
George Wallerus
John White
Barrie Williams
Margaret Young

Three peaks

A team of four plucky adventurers from Essex tackled the Three Peaks Challenge in 24 hours.

They aimed to scale the three highest peaks in England, Scotland and Wales to raise money for the charity. Lee Austin, Richard Hindle and Robert Levy joined the marketing manager of Mason's Restaurants Roni Griffiths on the challenge.

Roni, who organised the event, said: "It was plenty of hard work and it was a challenge, but it went really well.

"Climbing up was alright but coming down was horrendous as we had to go down a few boulders and it was slippery. The view was really lovely up there and we saw glaciers. It was fantastic when clouds were just above us."

Snowdon in Wales is 1085m tall, while Scaffel Pike is 978m and towering over those two is Ben Nevis in Scotland at a height of 1344m.

Roni added: "Thanks to our two drivers Neil and Vince who drove us from each peak to the next in the 24-hour limit."

Challenges in 2010

For full details on all our adventures please call us on 01245 514325 or e-mail enquiries@helenrollason.org.uk

Iceland - Volcano and Ice Cap Trek

Duration: 9 days/8 nights
Grade: Tough
Date: 10 - 18 Jul 2010



The challenge takes you from the active Mt Hekla to Landmannalaugar and then south through the mountains to the permanent icecaps of Myrdals and Eyjafjalla.

This is a tough and challenging trek through a remote and wild environment.



UK (Dorset) - Jurassic Coast Weekend

Duration: 3 days/2 nights
Grade: Moderate
Dates: 23 - 25 Apr 2010, 16 - 18 Jul 2010, 8 - 10 Oct 2010

This trek along the Jurassic Coast, England's first Natural World Heritage Site, will be an enjoyable and memorable one. Stretching 95 miles between Old Harry Rocks in Dorset to Orcombe Point at Exmouth in East Devon, the Jurassic Coast is the most geologically diverse coastline in the world. The exposed cliff sections allow you to look back through 185 million years of time, including the whole of the Mesozoic Era.

Starting at Durlston Head, just outside Swanage the trek is a total of 23 miles (36 km) over two days using the South West Coastal Path.

There is a stop off at a campsite in the renowned village of Kimmeridge, a short distance from the famous Kimmeridge Bay where you will see amazing rock pools (tide permitting).

France - Classic Cols of the Tour de France

Duration: 5 days/4 nights
Grade: Extreme
Dates: 26 - 30 Jun 2010, 11 - 15 Sep 2010

This cycling challenge takes you through the heart of the French Alps, tackling tough mountain climbs made famous by the Tour de France. Spectacular views of mountain peaks, alpine valleys and hanging glaciers make the long twisting climbs worthwhile! The challenge ends with two of



the toughest and most renowned ascents in the region: the demanding Col du Gallibier and the steep hair-pin bends of Alps d'Huez.

This is a very strenuous challenge and you will need to train extremely hard to succeed.

Sara to scale Great Wall of China after Moment of inspiration

After being diagnosed with skin cancer in 2005, Sara Gilbert from Essex, will be embarking on the challenge of a lifetime.

Sara's cancer was discovered after having a mole removed from her back. The journey that followed included a course of chemotherapy and depression, but the adventurous Sara is looking to the future since signing herself up to the Great Wall of China trek.

She said: "When the last edition of Moment magazine came in the post, I visited the website and found the treks section. It was very interesting and I have now decided to challenge myself and live life to the full. I'm really excited about the trek and now need to start training."

According to latest figures from Cancer Research UK, skin cancer is now the most common form of cancer in women in their 20s: double the number of breast cancer cases for this age bracket.

Binge tanning on foreign holidays and the increasing use of sun

beds is being blamed for the rise in the disease.

"Being told I had cancer was extremely frightening...but with the help of friends and family I battled through"

Sara added: "Being told I had cancer was extremely frightening: I expected the worst. Skin cancer is associated with sun beds so I was surprised as I have never used sun beds - but in my early teens, I used no stronger than factor six sun cream.

"My treatment period was tough but with the help of my family and friends I battled through."

Professor Neville Davidson added: "It is vital young people understand the dangers of tanning on their health. This latest news of increasing numbers of skin cancers being diagnosed in young women is worrying."

To support Sara visit:
www.justgiving.com/saragilbert



Sara Gilbert

SKIN CANCER- CHECK YOURSELF FOR:

- Changes in size, shape and colour of moles and patches of normal skin
- Itchy or painful spots, moles or sores
- Moles or growths that bleed, crust or scab

Changes happening over weeks or months should be checked by your doctor.

Walk-ing on air

Linda Walker took to the skies earlier this year to raise funds for the charity. She plunged 12,000ft in a tandem skydive in Headcorn, Kent.

Linda said: "I found the experience a very strange mix of being unbelievably hair-raising and exhilarating at the same time! I am so pleased to have done it and if you're into adrenaline rushes I can't really think of anything that would suit you more! That experience box is now well and truly ticked.

"I am thrilled with the amount I've raised. The work funded by the charity has really helped my dad and thousands of others cancer patients."

Community fundraiser Anne Brown's 16-year-old daughter Hannah also joined in the fun and is now considering a career in skydive photography.

If you would like to do a skydive there are plenty of dates throughout the year so register your interest by calling 01245 514325 or e-mail enquiries@helenrollason.org.uk



Linda Walker skydiving (Courtesy: AirAffair)

Former England footballer makes a charity comeback

An Allstars football match raised more than £300 in August.

The testimonial match saw former England footballer Jimmy Greaves attend. The striker, who is the third highest international scorer in English football history, made his way to Scraley Ground in Heybridge, Maldon, Essex to

lend his support alongside former Heybridge player Simon Royce.

West Ham star Julian Dicks, Manchester United player Paul Parker, Mark Kinsella from Charlton and Spurs star Justin Edinburgh also starred in the charity match.

Organiser Adam Gillespie said: "We chose to raise money for the charity because members of my family have had cancer and used the charity's services.

"Jimmy Greaves led the teams onto the pitch along with my 15-month old son George, who was mascot for the day - it was a feel-good match."



Jimmy Greaves with mascot and organiser's son George (Courtesy: Jan Thorne)

Pearly king and angels help at ice event

Wickford took to the ice in the summer to raise £300 for the charity.



Brian Roskell dressed as a Pearly King

Event organiser Jill Profit said: "More than 100 children took part and the Heart FM Angels came down to help us with the raffle and give out balloons.

"A volunteer from the Helen Rollason Cancer Charity shop in the high street, dressed as a Pearly King – he was a real asset, what a super guy!"

Vera celebrates her 90th birthday with donations

A woman who has battled against cancer six times celebrated her 90th birthday in August in Maldon while raising £325 for the charity.

Vera Freeman marked the occasion at a village hall in Essex with friends and family, but she didn't want any birthday presents. Vera, originally from Heybridge but now living in Tiptree, asked guests to kindly fill out gift aid envelopes with their donations.

Her daughter Ann Frost said: "My mum had a wonderful time and she can't stop talking about it – it was fabulous."



Vera and Ann (Courtesy: Essex Chronicle)

Vera has battled bowel cancer once, breast cancer twice and skin cancer three times. She was first diagnosed with cancer in her 50s and her most recent bout was within the last three years.

Ann added: "I call my mum my walking miracle. She had a fantastic birthday and what a way to celebrate 90 years other than being surrounded by family and friends!"

Indian night is a money spinner



A curry and jazz night held at London's YMCA fetched thousands of pounds for the charity.

The night raised £1909 boosted by a donation from Barclays

bank of £1500 bringing the grand total for the curry night to £3409.

Rebecca Brainerd, who organised the night, said: "It was a brilliant evening and the jazz band Quartzz was fabulous.

"Special thanks to Barclays for match funding proceeds and to Daniel and Christina Jabenesan, Lukshmy Jewellers and Sitaaray in Covent Garden who kindly donated raffle prizes."

Ladies' driving challenge

No more "Driving Miss Daisy". Fire engines, limos and quad bikes were all in a day's work for a team of women from Essex.

Marilyn Beckly and a group of friends travelled to Suffolk for this year's ladies' driving challenge where they had the opportunity

to drive a range of unusual vehicles and raised £4500 in the process.

The 17-strong group enjoyed driving off-road Land Rovers, agricultural trucks including JCBs and tractors, HGVs and go karts and even an Audi sports car.

Marilyn said: "Everyone enjoyed the day and got a go of driving at least 8 vehicles each. We also got a ride in the fire engine and got to meet the firemen!"



Trip down memory lane

A tribute act rolled into Sawbridgeworth Cricket Club to recreate the cocktail of early Motown, Blues and Rock 'n' Roll in the classic Beatles style.

The town's sport association presented the evening with help from band Upbeat Beatles. The event raised more than £1400 for the charity.



Irish dreams



The sounds and sights of Ireland found their way to Welwyn Garden City earlier this year for a fundraising evening in aid of the charity.

Shamrock Club guests enjoyed a range of entertainment in what was the third year of fundraising evenings organised by therapist Maria Fleet's parents Rose and Jack Grehan along with friends Theresa Proctor and Liam Defoe.

Maria said: "On the night there was hip hop dancing, a live band, Irish dancers, a raffle and auction. It was the best fundraiser so far with around 300 people attending."

This year's event was the most successful yet raising £7000. In total the Fleets and friends have helped raise more than £15,000 which goes towards funding vital services for cancer patients.

Ames putts and aces £100k target

A golf fanatic victoriously exceeded his £100,000 fundraising target at a 10th annual charity golf day Earls Colne, Colchester, Essex in June.

Avid fundraiser John Ames, who has organised charity golf days for a decade, smashed his target by raising £12,000 this year bringing his total to £102,000.

"I am ecstatic, it's a wonderful feeling to know I have reached the £100,000 mark in a 10 year period for a great cause. The auction fetched £5000 alone and when I realised we had raised more than £10,000 I punched the air saying "Yes, we've done it!"

"I'd like to thank Colne Valley Golf Club owners Tom and Jenny Smith, who have seen nine of the 10 annual golf days. They've

always helped me and made sure everything ran smoothly. Thanks to Laurie Higgon and Gary Nail for their continued support.

To celebrate my 60th birthday and reach that fundraising milestone on the same weekend, really made my day."

Golfers enjoyed coffee and bacon rolls, 9 holes, a Texas scramble then lunch and 18 holes.

Professor Neville Davidson said: "Congratulations to John! He has put in so much effort

over the years and is always enthusiastic. He really deserved to reach his £100,000 target."



From left: John Ames celebrates with Colne Valley Golf Club owners Jenny & Tom Smith

Celebrities tee off in aid of charity to raise thousands



Steve Rider and the Industrials SGC Ltd team

BBC reporter Rob Bonnet helped raise more than £23,000 for the charity at his annual golf day held in September at Stoke Park Golf Club.

By opening his contacts book and inviting along celebrities, Rob raises the profile of the charity

while raising vital funds. "The day went really well and we had about 20 teams of four people which was the best turn out ever. I'm very pleased and delighted to be able to raise money in memory of Helen."

Well-known faces including F1 driver Damon Hill, F1 pundit Eddie Jordan, Olympian Steve Backley, F1 commentator Jonathan Legard and BBC Breakfast presenter Chris Hollins took part.

Rob added: "I must make a special mention to Mount View Estates who have given this golf day fantastic support ever since it was launched back in 2002. Duncan Sinclair has supported the event almost every year and provided the prizes up to 6th place. Thanks

also to George Davidson of MML Partners and to BMW UK Ltd.

Thanks to the great support over the years I have raised in excess of £200,000 for the charity."



Formula 1 team: Damon Hill, Eddie Jordan, Jonathan Legard and Mark Wilkin

Golf day round-up

Burnham-on-Crouch Golf Club, Essex

Reg Crouch, who attended the day, said: "It went really well and we had 10 teams competing on the day which was organised by Tony McCracken. It raised £2200 for the charity."



Hintlesham Golf Club, Ipswich, Suffolk

£5000 was raised from a golf day in memory of David Roblin. 130 golfers enjoyed a Texas

scramble, bacon rolls and coffee, Stableford competition and a trick shot show followed by a three-course dinner with wine, an auction and a guest appearance from athlete Danny Crates, who carried the GB flag in the Beijing Paralympics.

David Roblin's brother Michael paid tribute to him: "He was a great brother and he was a man you could rely on. David would have been happy to know thousands of pounds were raised for the charity in his memory."

Knebworth Golf Club, Hertfordshire

Club captain Mal Pullan held a charity golf day which raised in excess of £15,000 in September. Barry Plowman, who attended, said: "There were 51 teams of four people, there was a raffle, auction, disco, comedian, jazz band and buffet."

Grand draw winners

The recent 10th anniversary grand draw winners were:

1st prize Mrs C Carswell
2nd prize Mrs A Chowdury
3rd prize Ms J Blainey

Congratulations to the winners!

Staff profile

Financial controller Sue Hayden joined the charity in May 2007. She works in the charity's main office processing data, preparing accounts and financial reports.

In her job Sue uses her accounting qualifications - Association of Chartered Certified Accountants (ACCA).

"I'm often asked how the charity is doing in the recession and there has been a dip in donations this year. However it is heart-warming to see how many cheques we get through with a meaningful story behind it.

"The best part of my job is when patients or their family and friends bring donations in, and tell you how much they value what Professor Davidson and the charity has done for them."



Christmas Cards

Pack 1: Animals

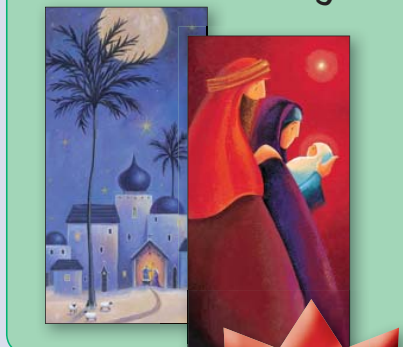


Pack 3: Traditional



Each pack contains 10 cards
- 5 of each design

Pack 2: Nativity



Available from our charity shops, cancer support centres and charity office.

Suggested donation:
£3.50
per pack

Team spirit to remember Lyn

A team of hardworking fundraisers who have raised more than £30,000 in the last seven years held a charity golf day in memory of one of very special lady.

The charity's fundraising group in South Woodham Ferrers held the event in memory of their former chairman Lyn Seymour.

Lyn, who died in June 2008 at the age of 57, was a very active member of the group.

Her fellow fundraising friend Pauline said: "Lyn was funny and always happy. I always remember the first meeting we had in 2001 and towards the end we were asked who would be the chairman.

Lyn volunteered to do it just for the year, but continued being chairman for many more years.

"She had breast cancer and went on the charity's clinical drug trials, but sadly died last year. While she was ill she took part in a sponsored swimathon - she was a true inspiration and

this year's charity golf day was one the best ever. We really commemorated Lyn's life at this event and paid tribute to the woman she was."

Community fundraiser Anne Brown said: "I was touched when I heard of how our fundraisers would be holding a golf day in Lyn Seymour's memory.

"She helped the group organise events in aid of the charity and worked hard to make them a success. To hold this day in her name shows how important she was within the group and that her memory will live on. It's great to see their team spirit shining through to remember one of their members."



In 2007 Lyn Seymour (red shorts) presents cheques to chairman of Helen Rollason Cancer Charity along with the rest of her fundraising group

Welly Wanging

The Braintree fundraising group held a welly wanging contest held at Rayne Village fete in Essex in June which raised £81.

The group also helped the charity man a stall at Marks & Spencers Freeport after the store took us on as their charity for 125 days as part of their 125th anniversary. Volunteers helped to set the stall up and raise both the profile of the charity and funds.



Christmas fayre

A Christmas fayre is being held at Takeley Silver Jubilee Hall & Takeley Scout Hut in Takeley, nr Dunmow, Essex on November 21 from 11am - 4pm. Entry is free and guests can enjoy a selection of stalls, opportunity to visit Santa in his grotto, all-day breakfasts, raffle and chance to win a homemade Christmas cake.

Quiz night success

The Broomfield Group held a quiz night in October. It was attended by 91 people, making up a total of 13 teams. The evening was considered very entertaining, as the rounds varied in style with the film round using "props" to guess the film titles and a pro-active round involved "crisp tasting" to determine the flavours. The evening raised more than £600.

Summer fete success

The Springfield fundraising team held their annual fete at the Essex Cancer Support Centre in June.

The fete boasted many stalls and children enjoyed face painting and slideshows, as well as chances to win in the raffle to raise thousands of pounds.

Jean Harrison said: "We were very lucky with the weather and even had some sunshine. Best of all, the summer fete raised £3244 for the charity!"



Tea for Helen

Put the kettle on and raise funds from the comfort of your own home.

The Helen Rollason Cancer Charity is urging people to participate in a month-long tea party it is promoting throughout February.

Tea for Helen is a new fundraising campaign encouraging people to arrange a tea party in their home, workplace, sports club,



school or social club. Invite your friends, work colleagues, school friends for a cuppa and charge them for the privilege.

Community Relations Manager Angela Lodge said: "The tea parties can be as big or small as you like, whether you raise £10 or £100, every penny will really make a difference to someone living with cancer. Enjoy a cuppa and raise funds for us!"

What to do next...

- Choose a date in February for your tea party
- Register with the Helen Rollason fundraising team on 01245 514325 or e-mail angela.lodge@helenrollason.org.uk
- Wait for your Tea for Helen pack including balloons, posters and sponsorship forms to arrive
- Invite your guests
- Enjoy a cup of tea while raising funds for the charity!

Friends meeting

Would you like to find out more about the work of the charity and find out about volunteer and fundraising opportunities?

The charity hosts regular meetings with all Friends of the Helen Rollason Cancer Charity. These provide anyone interested in our work with an opportunity to find out more about the services we provide, the plans for the future development of the charity, fundraising events and volunteer opportunities. *There is also a great social element to these meetings and everyone is welcome!*

Date and venue of the next meeting:

6.30pm for 7pm, Monday November, 23 2009

The Lion Inn, Main Road, Boreham, Chelmsford, Essex CM3 3JA

Future dates of meetings will be listed on our website.

Community events

6 Nov **Braintree Quiz Night**

7.30-8pm start

Tickets: £5

Venue: Bocking Village Hall

Tel: 01376 344240

21 Nov **Charity Ball**

7pm for 7.30pm sit down

Tickets: £35

Maylands Golf Club, Harold Wood

Tel: Sara Gilbert 07957 691420

22 Nov **Bowlathon**

10am-4pm

Six-hour bowling marathon

Madison Heights, Maldon

Tel: David Eyre-Williamson 01245

327373

23 Nov **Friends of Helen Rollason**

Cancer Charity Meeting

6.30pm for 7pm start

The Lion Inn, Boreham

Tel: 01245 514325

Christmas events

21 Nov **Christmas Fayre**

11am - 4pm

Free entry

Takeley Silver Jubilee Hall & Takeley

Scout Hut

Tel: Barbara 01621 740735

26 Nov **All Over Beauty - Christmas Gift Ideas**

4pm - 7pm or 7pm - 9pm

Tickets: £3

30 Paddock Drive, Springfield

Chelmsford

Tel: 01245 469371

5 Dec **Christmas Joy Carol Service**

7pm

Tickets: £8

Carol service

Salvation Army Church Hall,

Chelmsford

Tel: David Buckle 01245 466209

7 Dec **Christmas Carols**

7pm

St Mary's Church, Burnham on

Crouch

Tel: Reg Crouch 01621 783006

9 Dec **Carol Service**

7.30pm for 8pm start

Hosted by BBC's Pam Rhodes

St Peter's & St Paul's Church,

Chingford

Tel: 01245 514325

10 Dec **Carol Singing**

Singing carols at the station

Chelmsford Railway Station

Tel: David Dwyer 01245 224652

11 Dec **Carols at Christmas**

7.30pm

Tickets: £3/children under 16 free

Danbury Sport & Social Centre

Eves Corner, Danbury

Tel: 01245 223246

12 Dec **Carols by Candlelight**

3.30pm

St James the Great,

Sawbridgeworth

Tel: Linda Bowler 01279 602667

12 Dec **Caprice Candle-lit Concert**

7.30pm-10pm

Tickets: £9

St John Payne Catholic School,

Chelmsford

Tickets: Roger Bome 01245 258629

14 Dec **Carol Service**

7pm start

St Michael's Church, Galleywood

Common, Chelmsford

Tel: 01245 514325

31 Dec **New Year's Eve Charity**

Dance

8pm-12.30am

Tickets: £12

Copford Village Hall, Copford

Tel: John Ames 01206 210571

For a full list of charity events, please see our website.

How you can help us...

Donations

Please complete the details on the left for one off donations and the right for regular standing orders. If you are eligible to claim gift aid please sign the declaration below. This form should be returned to: Helen Rollason Cancer Charity, Woodside, Broomfield Hospital, Chelmsford, Essex CM1 7ET.

ONE OFF DONATIONS

Donation amount £ _____

Payment options:

- Cheque** - please made payable to HRCC
 Credit card - please visit www.justgiving.com/hrhcc/donate or complete the details below.

Card type Visa Debit Card (or VISA Delta)
 Visa Credit Card Solo
 Mastercard Switch/Maestro

Card number

Issue no. (if applicable)

Valid from / Valid to /

Security no. (last three digits of card reverse)

Signature _____ Date _____

Name _____

Address _____

_____ Postcode _____

Telephone _____

Mobile _____

E-mail _____

giftaid it If you are a taxpayer you can make your donation worth 28% more to us at no extra cost to you (You must pay an amount of income tax or capital gains tax equal to the tax we reclaim on your donations - 28p for every £1 you give). Simply sign the declaration below, complete your address above and return this form to us with your donation.

I wish the donation to be a Gift Aid donation. I am a UK taxpayer and I request that HRCC treat all my donations as Gift Aid donations until I notify the charity otherwise.

Signature _____ Date _____

REGULAR DONATIONS

Bank Standing Order Mandate

TO: Bank Name _____

Address _____

_____ Postcode _____

Account Number

Sort Code / /

Frequency Monthly Quarterly Annually

First payment amount £ _____

Date of first payment _____

Regular payment amount £ _____

Amount in words _____

Date of last payment _____ OR

please continue until further notice (please tick)

Signature _____ Date _____

Name _____

Address _____

_____ Postcode _____

Telephone _____

Mobile _____

E-mail _____

BENEFICIARY DETAILS:

Barclays Bank, Romford Branch

Sort Code: 20-72-91

Account No: 00696293

Credit: Helen Rollason Cancer Charity Ltd (HRHCC)

How to contact us

Chairman

Professor Neville Davidson

Jayne Pettit (PA) Tel: 01245 516339

Office

Woodside, Broomfield Hospital,
Chelmsford, Essex CM1 7ET

E-mail: enquiries@helenrollason.org.uk

Tel: 01245 514325

Cancer Research

Research Laboratory

SAW 106, Anglia Ruskin University,
Bishop Hall Lane, Chelmsford, Essex
CM1 1SQ

E-mail: france.docquier@anglia.ac.uk

Tel: 08451 963570

Clinical Trials/Research Nurses

Ground Floor, West Wing, Broomfield
Hospital, Chelmsford, Essex CM1 7ET

E-mail: tracey.camburn@meht.nhs.uk

Tel: 01245 516599

Cancer Support Centres

Essex

Tel: 01245 463633

E-mail: lorna.ellis@helenrollason.org.uk

Rochelle House, Lawn Lane, Springfield,
Chelmsford, Essex CM1 7TJ

5 Dame Elizabeth Court, **NEW**
Broomfield Hospital, Chelmsford,
Essex CM1 7WE

London

Room 40, North Middlesex University
Hospital, Sterling Way, London N18 1QX

Tel: 0208 887 2408

Hertfordshire

Thomas Rivers Wing, The Rivers Hospital,
High Wych Road, Sawbridgeworth,
Hertfordshire CM21 0HH

Enquiries: 01279 602667

Appointments: 01279 600282

Retail Shops

Administration – 01245 515242

Distribution & collections – 07723
382581

27 High Street, **Barkingside** IG6 2AW.
Tel: 020 8550 0303

57 High Street, **Braintree** CM7 1JX.
Tel: 01376 346721

5 High Street, **Burnham-on-Crouch** CM0
8AG. Tel: 01621 786699

23 Old Church Road, **Chingford** E4 6SJ.
Tel: 0208 524 0111

17 Clock House Lane, **Collier Row**,
Romford RM5 3PH. Tel: 01708 737 272

14 Maldon Road, **Danbury**, Essex CM3
4QQ. Tel: 01245 223246

137 High Street, **Ongar** CM5 9JA.
Tel: 01277 365 800

24 Bell Street, **Sawbridgeworth** CM21 9AN.
Tel: 01279 306 062

136 George Lane, **South Woodford**
E18 1AY. Tel: 020 8989 9897

8 High Street, **Wickford** SS12 9AZ.
Tel: 01268 730 423

72 Newland Street, **Witham** CM8 1AH.
Tel: 01376 503 485